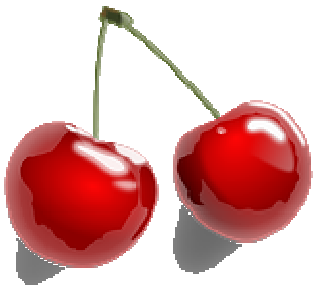

10 MOST COMMON QUESTIONS ABOUT WEIGHT GAIN

- **1. How does a slim person process food?**
- **2. How did I get fat to begin with?**
- **3. Why do people respond differently to the same foods.**
- **4. Why do I crave carbohydrates?**
- **5. Why do some people get fat tummies and some fat bums?**
- **6. Should I be scared of my fat belly?**
- **7. How can I reduce the impact of Insulin?**
- **8. I eat very little. Why am I still fat?**
- **9. Why does any diet leave me exhausted and miserable?**
- **10. Why does stress make me fatter?**